



1. SPORTident Winter-Stundenlaufserie mit Musik (2. Lauf)

Arnstadt / 21.02.2024

Detailed evaluation

Nicole Beyer

Club: SV Ichttershausen

Number: 47

Course: 0.35 km/Lap

Stundenlauf

Category:

Seniorinnen W45 (45-49)

Total time: 59:37

Speed: 10.06 km/h

Running performance: 5:29 min/km

Laps: 31 (10.85 km)

Rank in course/Women: 4 (of 13)

Rank in category: 1(of 2)

Control	Intermediate times							Stage score				Total ranking			
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Lap 1	0.35	1:55	5:28	1	-	5	0:25	0.35	1:55	5:28	1	-	5	0:25	
Lap 2	0.35	1:48	5:08	1	-	3	0:21	0.70	3:43	5:18	1	-	4	0:46	
Lap 3	0.35	1:47	5:05	1	-	3	0:22	1.05	5:30	5:14	1	-	4	1:08	
Lap 4	0.35	1:50	5:14	1	-	3	0:04	1.40	7:20	5:14	1	-	4	1:12	
Lap 5	0.35	1:49	5:11	1	-	3	0:25	1.75	9:09	5:13	1	-	3	1:37	
Lap 6	0.35	1:51	5:17	1	-	3	0:26	2.10	11:00	5:14	1	-	3	2:03	
Lap 7	0.35	1:55	5:28	1	-	3	0:28	2.45	12:55	5:16	1	-	3	2:31	
Lap 8	0.35	1:49	5:11	1	-	1	-	2.80	14:44	5:15	1	-	3	2:31	
Lap 9	0.35	1:52	5:20	1	-	3	0:26	3.15	16:36	5:16	1	-	3	2:57	
Lap 10	0.35	1:53	5:22	1	-	4	0:27	3.50	18:29	5:16	1	-	3	3:24	
Lap 11	0.35	1:53	5:22	1	-	3	0:26	3.85	20:22	5:17	1	-	3	3:50	
Lap 12	0.35	1:54	5:25	1	-	3	0:05	4.20	22:16	5:18	1	-	3	3:54	
Lap 13	0.35	1:55	5:28	1	-	4	0:29	4.55	24:11	5:18	1	-	3	4:23	
Lap 14	0.35	1:58	5:37	1	-	4	0:30	4.90	26:09	5:20	1	-	3	4:53	
Lap 15	0.35	1:57	5:34	1	-	4	0:30	5.25	28:06	5:21	1	-	3	5:23	
Lap 16	0.35	1:56	5:31	1	-	4	0:05	5.60	30:02	5:21	1	-	3	5:26	
Lap 17	0.35	1:55	5:28	1	-	4	0:27	5.95	31:57	5:22	1	-	3	5:53	
Lap 18	0.35	1:54	5:25	1	-	3	0:25	6.30	33:51	5:22	1	-	3	6:18	
Lap 19	0.35	1:57	5:34	1	-	3	0:29	6.65	35:48	5:23	1	-	3	6:47	
Lap 20	0.35	1:55	5:28	1	-	2	0:02	7.00	37:43	5:23	1	-	3	6:47	
Lap 21	0.35	1:56	5:31	1	-	4	0:29	7.35	39:39	5:23	1	-	3	7:16	
Lap 22	0.35	1:58	5:37	1	-	4	0:30	7.70	41:37	5:24	1	-	3	7:46	
Lap 23	0.35	1:58	5:37	1	-	4	0:30	8.05	43:35	5:24	1	-	3	8:16	
Lap 24	0.35	1:59	5:40	1	-	4	0:05	8.40	45:34	5:25	1	-	3	8:21	
Lap 25	0.35	1:59	5:40	1	-	4	0:30	8.75	47:33	5:26	1	-	3	8:51	
Lap 26	0.35	1:58	5:37	1	-	4	0:29	9.10	49:31	5:26	1	-	3	9:20	
Lap 27	0.35	1:58	5:37	1	-	4	0:29	9.45	51:29	5:26	1	-	4	9:49	
Lap 28	0.35	1:59	5:40	1	-	4	0:05	9.80	53:28	5:27	1	-	4	9:52	
Lap 29	0.35	2:06	6:00	1	-	5	0:35	10.15	55:34	5:28	1	-	4	10:27	
Lap 30	0.35	2:03	5:51	1	-	4	0:34	10.50	57:37	5:29	1	-	4	11:01	



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Intermediate times

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Total ranking

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Lap 31	0.35	2:00	5:42	1	-	4	0:32	10.85	59:37	5:29	1	-	4	11:33